Heat Up Sex!

Sizzling Foreplay Techniques

Warm Toys For Your Hot Spots

PLUS Our Famous Fire Starter Move

Could You Be Guilty of Micro-Cheating? Could He?

GYNO ALERT
Why More Women Are Quitting The Pill

SECRET OF Super-Close Couples

Try This Quick Shadow Trick

How to Eat, Drink, #@!%, and (Basically) Live in Bed

APRIL 2018

cosmopolitan.com
What is the green beauty movement anyway?

It’s a shift toward products and brands that consider both human and environmental health, explains Tara Foley, founder and CEO of green beauty retailer Follain. The space is growing rapidly, but unfortunately, it can be hard to distinguish between the brands and products that are actually good for you and the ones that are just jumping on the bandwagon. Brands often use terms like nontoxic, clean, organic, and natural on packaging, but that labeling isn’t regulated by the FDA, which means consumers need to do their own research when choosing the right routine for them, adds Foley.

Five Key Controversial Ingredients to Avoid

1. **Parabens**
   - Preservatives that may negatively impact hormone levels

2. **Phthalates**
   - Chemicals (in some nail polish and fragrance) linked to birth defects

3. **Oxybenzone**
   - UV absorber used in SPF that’s linked to irritation

4. **PEGs**
   - Softeners, solvents, and thickening agents that may be contaminated with carcinogens

5. **Synthetic Fragrance**
   - Engineered scent or flavoring that can cause skin sensitivity
ECO-FRIENDLY PACKAGES
It’s not just what’s on the inside that counts. Consider products that cut down on environmental waste too.

1. Made with 100 percent recycled paper-and-cardboard carton and a thin plastic liner, this bottle uses 60 percent less plastic than a standard one.
   Seed Phytonutrients
   Body Moisturizer, $24
   seedphytonutrients.com

2. Garnier’s shampoo is produced in a low-waste facility with 50 percent post-consumer recycled material.
   Garnier Fructis Sleek and Shine Shampoo, $4.50
   drugstores

3. Most bottle labels can’t be removed in the recycling process, which limits reuse. This one has a special adhesive that removes cleanly to guarantee a second life.
   Love Beauty and Planet Smooth & Serene Conditioner, $9
   lovebeautyandplanet.com

4. Unlike plastic toothbrushes, a plant-based one (made with bamboo and vegetable oil) is biodegradable.
   Brush With Bamboo
   Plant Based Organic Bamboo Toothbrush, $20 for 4
   amazon.com

5. This hairbrush is made from an all-natural, biodegradable plant starch that will break down in a landfill within five years.
   WetBrush Go Green Detangler, $13
   thewetbrush.com

6. Use a do-it-all balm to soften lips and cuticles and even tame frizz. And when the paper tube is empty? Compost it!
   Earth Tu Face Skin Stick, $34
   earthtuface.com

1. Seaweed
   Rich in nutrients, it can boost collagen production and temporarily tighten skin, says Dr. Hamdan.
   BioClarity Hydrate Skin Smoothie, $20
   amazon.com

2. Chlorophyll
   It slows bacteria growth and promotes skin healing, says Lamees Hamdan, MD, founder of Shiffa skin care.
   Osea Hyaluronic Sea Serum, $88
   oseamalibu.com

3. Yucca
   A member of the succulent family, this desert plant extract helps to cleanse and purify pores gently.
   Tata Harper Clarifying Cleanser, $68
   tataharper.com

THE ACTIVIST
Gregg Renfrew, founder and CEO of Beautycounter

Renfrew is dedicated to setting new safety standards in the beauty industry via her brand and advocacy efforts in Washington, D.C. In March, she hosted 150 women in D.C. to lobby for more stringent federal regulation of cosmetics.

THE DATA DRIVER
Hillary Peterson, founder and president of True Botanicals

Most natural lines can’t perform the same clinical trials that mass brands do, but Peterson is changing that. Her brand makes products based on scientific research and runs independent clinical trials to confirm their efficacy.

THE LOCAVORE
Tata Harper, founder and co-CEO of Tata Harper Skincare

Meet the queen of small-batch, locally made skin care. The majority of the products in Harper’s line are formulated with ingredients from her Vermont family farm, then manufactured in their adjacent lab.

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WHERE TO SHOP

For the ingredients obsessée: [Follain.com](#)
Follain’s strict approval process vets products using a well-researched restricted ingredients list to guarantee the formulas are totally clean.

For the wellness junkie: [CapBeauty.com](#)
Cap’s mindful collection of feel-good naturals aims to help you achieve your most beautiful self inside and out.

For the naturals newbie: [CredoBeauty.com](#)
Transition into a green routine using Credo’s clean beauty swaps list. It offers good-for-you dupes for popular skin, makeup, and hair products.

Seals You Can Trust

**MADE SAFE**

Meets regulations set by Made Safe (a nontoxic certification agency) that ensure products are safe for your skin and the environment.

**ECOCERT**

More than 95 percent of the ingredients in the product are natural and free of things like parabens.

**EWG VERIFIED**

Complies with EWG’s strict criteria (their site lists deets) for product safety and labeling.

**USDA ORGANIC**

Products must contain at least 95 percent of organically produced ingredients.

Green Beauty Buzzwords

**Sustainable**

A macro way of sourcing ingredients that considers the long-term impact on the community and environment they’re taken from, explains Foley.

**Fair Trade**

This refers to the ethical treatment (i.e., fair pay, good working conditions) of people sourcing ingredients and making products, says Foley.

**Small Batch**

Generally, this means formulas are made, mixed, and poured by hand and not in a manufacturing line with machines, says Foley.

Cosmo’s Six natural products our beauty team swears by

I’m currently obsessed with RMS Beauty’s new lipstick collection (especially this red shade). They perform just as well as conventional ones.

— MARTA TOPRAN, BEAUTY DIRECTOR

RMS Beauty Wild With Desire Lipstick in RMS Red, $28, rmsbeauty.com

I use this oil nightly. It is hydrating on its own but pairs perfectly with anything I apply first.

— LEAH WYAR, CHIEF BEAUTY DIRECTOR

Kora Organics Noni Glow Face Oil, $68, koraorganics.com

A body scrub that is inspired by that special French-girl je ne sais quoi but made locally in the USA...so cool!

— KATE FOSTER, ASSOCIATE BEAUTY EDITOR

French Girl Sea Polish in Rose/Verveine, $38, frenchgirlorganics.com

This cleanser is my sensitive skin’s soul mate. It’s free of irritants, like essential oils and flower extracts, typically found in other natural lines.

— LAUREN BALSAMO, SENIOR BEAUTY EDITOR

Peet Rivko Gentle Cleanser, $30, peetrivko.com

The antioxidant serum keeps my skin bright and gloowy. And it looks like a piece of art on my vanity!

— MARQUIE ABRAMAN, BEAUTY EDITOR

Kypris Antioxidant Dew, $72, amazon.com

I love that Herbivore uses chic, recyclable packaging and high-quality active ingredients. Their new cream makes my skin so dewy.

— ERIN STOVALL, BEAUTY ASSISTANT

Herbivore Pink Cloud Rosewater Moisture Cream, $48, sephora.com